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Ottawa metro

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THE SECRET TO TRAINING TEENAGERS
SCIENCE SAYS

NATURE *within* REACH

Summer camp promises to show urban kids where the wild things are
metroNEWS

Old parking bylaw may get scrapped

URBAN CORE

Move could discourage use of light rail, say city staff

Lucy Scholey
Metro | Ottawa

More small restaurants and grocery stores may pop up in urban neighbourhoods, now that the City of Ottawa is overhauling a decades-old parking bylaw.

On Tuesday, the planning committee will debate amendments to a 1960s-era bylaw that requires minimum parking spaces for most developments in the inner urban core.

That current bylaw discourages people from leaving their cars at home and taking transit, a staff report on the new bylaw suggests, which doesn't make sense if the city is pouring billions of dollars into light rail transit.

"This runs counter to the goals of encouraging sustainable transportation and increased use of transit given the significant investment being made in the city's transit system," it reads, adding that the current rules "can create uncertainty and conflict in the community."

Under the new proposed bylaw, developments within a 400- to 800-metre walking distance from most light rail transit stations would not need parking. The exception is apartment buildings with more than 12 units, in which case some visitor parking will be required.

The proposed bylaw also seeks to protect the character of old urban communities that have roots dating back to the days before most people owned cars.

On urban main streets, low-rise apartment buildings will be exempt from parking requirements, as will some artist studios and offices. Other non-residential buildings may still need parking, but half the spaces currently required.

If council ultimately approves this bylaw on July 13, it could also allow smaller grocery stores to set up in so-called "food desert" neighbourhoods like Mechanicsville or Centretown.

Currently, a 9,000-square metre Superstore has to provide 221 parking spots, while a small store like McKeen's Metro in the Glebe would need 21.

Under the new bylaw, grocery stores smaller than 1,500 square-metres won't need parking and the same goes for restaurants smaller than 350 square-metres (almost the size of an IMAX movie theatre screen).

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metro NEWS

Your essential daily news

Senate asks Mike Duffy to repay 'ineligible expenses' totalling $16,955. **Canada**

5 THINGS TO DO IN OTTAWA THIS WEEKEND

Music, seafood, uniforms and cats: One-of-a-kind events in the city. **HALEY RITCHIE** METRO

1 Changing of the Guard (Sunday)

The ceremony starts on Sunday and will continue daily all summer until Aug. 21. Catch the guards in their bright red uniforms and tall black hats at 10 a.m. — it's a colourful and musical spectacle. Remember to arrive early if you want a good spot beside all the tourists.

2 Dragon Boat Race

Cheer on colourful boats for a good cause while taking in some impressive bands and performers. Everything is free and takes place beside the water in Mooney's Bay Park, which runs until June 26. Headliners include July Talk, Mother Mother, Young Empires, Alvvays and A Tribe Called Red. Races begin at 8 p.m. on Friday and continues 7 a.m. both Saturday and Sunday.

3 Just for Cats Video Festival

Do you love cat videos? Want to watch your favourite Internet cats on the big screen and raise funds for felines in need? Head to Dundonald Park from 6:30-10:30 p.m. for family-friendly "screenings of the best Internet cat videos on the planet, cat-inspired yoga, live dance and more." The event is free but the suggested donation is $5-10 per person. Proceeds benefit the Ottawa Humane Society and the Canadian Federation of Humane Societies. Saturday, rain date is Sunday.

4 Bytowne Oyster Festival

We're just going to say it: this seafood celebration looks shucking awesome. Without a doubt, Ottawa's Whalesbone restaurant knows their oysters and they'll be hosting the ninth annual Oyster Fest at 504 Kent Street on Sunday from 12 p.m. to 10 p.m. Tickets are $30 and local craft beer, food, entertainment and shucking competitions are part of the day.

5 Escapade

The electronic music extravaganza is back at the Rideau Carleton Raceway this weekend. There are too many sets to list here, but main stage names include Diplo, 4B, Martin Garrix, Dvbbs, Khaos, and Mike Robia. All weekend.

ROADS

Driver caught on camera running into Ottawa cyclist

Joe Lofaro
Metro | Ottawa

Cycling advocates are calling for more spending on education and infrastructure after a shocking video emerged recently of an Ottawa cyclist getting plowed by a car on Donald Street.

"It's intense," was how Gareth Davies, president of Citizens for Safe Cycling, described the video, which has been posted on YouTube.

Cyclist Patrick Levesque was on a bike ride through Overbrook with his then-girlfriend when a car crashed into him and threw him onto the pavement.

"All I heard was a rev of the engine and a huge bang and then I fell on my a– and slid," Levesque told Metro. "It happened so fast."

He posted a video of the April 23 incident on YouTube and it is getting plenty of attention on social media. In the video, you can hear a visibly upset Levesque angrily confronting the driver after the crash.

Davies said his group has been pushing for changes in the city to prevent incidents like this.

"Basically, accelerating our bike plan to build that network faster and continue to legitimize cycling as a mode of transportation so that it becomes more formalized in our everyday getting around," he said.

"We're years away from that, but the city can help get us there faster with more investment."

ON THE WEB

See the crash for yourself at metronews.ca. Warning: The video contains offensive language.

The crash took place around 11 a.m. Ottawa Police spokesman Const. Marc Soucy says it's believed the man behind the wheel was driving under the influence.

Adolphe Kwizera, 24, of Gatineau was charged with one count of refusing to provide a breath sample and one count of obstructing police. None of the allegations have been proven in court.

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Ottawa's The Superlative plays a Fort Mac fundraiser and CD release at Zaphod's on Friday. COURTESY KAMARA MOROZUK

The Superlative is for everyone

BACKSTAGE PASS

Band takes listeners on journey from punk to pop

Trevor Greenway
Metro | Ottawa

Kiel Burwell knows a lot about pigeonholes.

His band has been called everything from alt-rock, to punk, and reggae to funk, and pretty much everything in between.

But the lead guitarist for Ottawa's The Superlative says when you strip down all the similarities and influences, the band's sound really comes down to one thing.

"It's good old rock and roll, man," says Burwell.

"We've been called pop punk, we've been called all kinds of stuff. We have broken through a lot of genre barriers that a lot of bands have a hard time mixing and matching."

Part of what makes the band's sound so inclusive and accessible is the audience listening to it. With a massive net, The Superlative sweeps up fans as young as seven or eight with their alt-punk vibes while keeping older crowds

> **We have broken through a lot of genre barriers.**
> Kiel Burwell

interested with alternative rock infused with layers of funk, hip hop, pop and reggae.

All the players in the band, including Burwell, drummer Zachary Lachance, vocalist Charles Lapointe, Guitarist J-P Lapointe and bassist Alex Tate pretty much come from that same heavy rock era of the late 90s to mid-2000s when bands like Tool, NIN, Deftones and System of a Down ruled the heavy rock world. But each member had a little side love, whether it was hip hop, reggae, funk or Top 40 mainstream pop that helped the band grow and reach new audiences.

"We all have guilty hip hop pleasures and mainstream pop music," admits Burwell, adding that the band's new album In Love & Debt is an accessible suite of songs that touch on nearly every genre of music that the players have been influenced by.

Take a bit of NOFX, mix it up with a bit of Simple Plan, add a touch of Ziggy Marley and top it off with a drizzle of Christina Aguilera and you've concocted a Superlative martini.

"We have a guilty pleasure for just the cheesiest pop songs, because we listen to them for production value and songwriting." Yeah, sure, Kiel.

The band went so far as covering Aguilera's Your Body, because they saw it as a "missed opportunity."

"It was one of those songs that was catchy, but just had so much more potential to be great," says Burwell, adding that the song got good reception from the pop queen herself: a retweet and a digital thumbs up.

"The pop version kind of didn't do enough justice for the people who wrote the song and for her to perform. I knew we could make it killer for rock fans and pop fans alike."

The Superlative will be jamming out that inclusive sound this Friday at Zaphod's as they release their third studio album, In Love & Debt. The night is a benefit for the Fort McMurray Relief Fund with all door sales and $1 from every CD sold going to the cause.

The show starts at 8 p.m. and also features local bands Metronome Jones and Missioner. Tickets are $10.

Spike up your punk Mohawk, let your dreadlocks flow and let your metal hair droop to the floor — this show is for everyone.

PAKENHAM

Behind the mash with Cartwright Springs Brewery's André Rieux

THE BOTTLENECK

Jordan Duff

Last year, brewer André Rieux was part of the team that opened Cartwright Springs Brewery in Pakenham, about a half hour from Ottawa. The brewery was named after the fresh water spring that it sourced for brewing. After speaking with Rieux, it became evident that the spring was crucial in the establishment of the brewery.

Rieux wasn't always a professional brewer. Though he learned to homebrew while attending university (where most of us learned to drink), he began his professional life in the high-tech sector and went on to work all over the globe. Through this international exposure, Rieux learned to dive headfirst into new experiences, cultures and flavours. This adventurous spirit extended to extreme sports and, now, to opening a brewery.

There are plenty of fantastic tales of brewers leaving their old jobs and embarking on a new career in the exciting world of beer.

Rieux's story, however, also has a touch of mysticism, or perhaps fate. Seriously.

Not long ago, Rieux was sitting at his desk with a pile of work ahead of him when he suddenly had the urge to check multiple listing service maps to look for rural properties for sale.

While I'd write this off as procrastinating, Rieux insists there was a strange call guiding him to further investigate a listing that was simply, and poorly, described as: "77 acres of undeveloped land".

When the workday was done, our curious adventurer was off to the Pakenham area to explore the plot on snowshoes. As I'm hearing this story, I almost wish I was writing this as a beer-y Christmas story. The beauty of the area impressed Rieux so much that he nearly missed a winding stream that he followed to the source. It was a groundwater-fed freshwater spring. According to Rieux, "that artesian spring sealed the deal and changed my life." He bought the property and began using the water to brew.

While he insists the water didn't make him a better brewer, it did provide him with an essential ingredient for making better beer.

CS Brewery has been well received in the Pakenham area and the community is very supportive. In fact, Cartwright Springs Brewery ran a very successful kickstarter campaign to help build the brewery. The company feels at home and welcome at the many events in the area. If you're inspired to sample some of this bottled fate, there are a few bars locally that feature CS Beer on tap or visit the brewery (and see the spring!) Friday to Monday.

The Cartwright Spring Brewery crew. CONTRIBUTED

Visit metronews.ca for all the local hop-penings
metronews.ca

‘Getting kids into nature’

EDUCATION

Summer day camp connects urban children with outdoors

Haley Ritchie
Metro | Ottawa

What can you learn by getting dirt on your hands and pine needles in your hair? A whole lot, according to the organizers of a local summer camp that promises to take kids where the wild things are.

“It’s basically about getting kids into nature,” said Brittany Boychuk, who runs summer camp Nature Connections with her partner Alister Augé and a range of Ottawa partner organizations.

The summer day camps operate out of the Just Food farm, a large green space about a 20-minute drive from downtown Ottawa. The day is spent outside — no matter what the weather — and focuses on farming, survival skills and outdoor wisdom.

Camp leader Alister Augé explores life in the greenhouse with campers. CONTRIBUTED

Boychuk said the accessible location (there’s a bus stop out front) allow children living in the most urban parts of the city a chance to return home with a new perspective.

“A lot of our philosophy is that nature is all around us, even in the city,” she said.

> **Nature is all around us, even in the city.**
> Brittany Boychuk

“It’s growing from the cracks in the sidewalks and it’s rummaging through our garbage cans. There’s always nature to observe and interact with.”

“The average urban child can name well over 100 brand names, while they may struggle to identify an animal track or a single edible plant,” she said.

Boychuk said there’s time for practical skills like fort-building and growing food and also time for pondering big questions like the role of humans in the natural world.

The programming is timely: this month national non-profit ParticipACTION released its annual report card looking at children and youth.

The report gave Canadian students a low grade for a lack of physical activity and warns of the “protection paradox” that has parents keeping their kids indoors to try and keep them safe.

Programs like Nature Connections, and similar efforts to get kids outside across the country, are pushing back.

“People seem to be afraid of nature, but we need to look at the idea of risk,” she said.

“Kids are often not allowed to take very small, calculated risks in the city. It makes it more likely they’ll hurt themselves later in life if they don’t have a sense of self and know what they’re capable of and what they’re not.”

ROAD CRIME

Charges laid in road rage

A 30-year-old man is facing charges after a violent road rage incident in Cornwall, Ont.

Local police say the attack began when the man allegedly grew angry at another driver and began hitting the other vehicle with a bar. Police allege the incident then moved further down the road.

At that point, police say the man got back into his car and drove directly into the other vehicle.

Nathaniel Gatien of Cornwall is charged with assault with a weapon, mischief and dangerous operation of a motor vehicle. THE CANADIAN PRESS

Man nabbed in police chase

Charges have been laid after a video game-like police chase near Ottawa.

A truck stolen in Cornwall, Ont., was tracked by GPS to Ottawa. With police in hot pursuit, the truck smashed into several vehicles until it was no longer driveable.

Joseph Werner Armstrong, 29, is facing several charges. METRO

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Duffy still on the hook

POLITICS

Senator previously acquitted on 31 charges

The interminable spectre of the Mike Duffy spending scandal reared its ugly head yet again Thursday as the Senate found itself once more locked in a battle with the controversial senator over dubious expenses.

This time, however, the expenses in question were from claims well-canvassed during Duffy's criminal trial, which ended earlier this year in his sensational acquittal on 31 charges of fraud, breach of trust and bribery.

In that acquittal, Ontario Court Judge Charles Vaillancourt excoriated the Senate for spending rules that lacked clarity and oversight, allowing senators to claim expenses for anything related to what they deemed Senate business.

The Senate committee that polices spending has asked Duffy to repay seven of his claims totalling $16,955, despite last April's court decision.

It marks the first time since late March that a senator has been asked to reimburse questionable spending — an order Duffy is fighting and could soon be entitled to take up with a special arbitrator. The arbitration process was originally set up to handle disputes arising from a federal audit of Senate spending — a review that missed Duffy initially, because he was under RCMP investigation and facing criminal charges.

Duffy has been subject to an audit once before on Senate orders, by auditing firm Deloitte. That 2013 audit looked only at his housing expenses and ended with a Senate committee ordering Duffy to repay $90,000, which he did after then-prime minister Stephen Harper's chief of staff, Nigel Wright, gave him the cash in order to take away a potential political headache for the Conservative government.

Some senators on the committee tasked with oversight of Senate spending wanted auditor general Michael Ferguson to come back and review more of Duffy's spending, but the majority of committee members opted against rekindling the controversy.

But details that emerged during Duffy's criminal trial led Senate administrators to take another look at his spending, with the head of Senate finance alerting the Senate's internal economy committee to the questionable claims.

THE CANADIAN PRESS

Sen. Mike Duffy leaves the courthouse after being acquitted on all charges on April 21 in Ottawa. THE CANADIAN PRESS

SENATE EXPENSES

$16,995

The amount of money the Senate committee that polices spending has asked Mike Duffy to repay

SOUTH POLE

Pilots' daring rescue

Two people who fell ill while working at the U.S. research station at the South Pole have been evacuated by a Canadian-owned Twin Otter turboprop plane that made the daring rescue flight in Antarctica's harsh winter.

The National Science Foundation said the two workers arrived safely late Wednesday in Punta Arenas, the southernmost city in Chile, after a long trip from the Amundsen-Scott station at the South Pole. They stopped for a few hours at a British station on the edge of Antarctica to be put on another plane.

THE ASSOCIATED PRESS

A plane picks up a worker at the South Pole. THE ASSOCIATED PRESS

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All eyes on Brexit results

The world watched with bated breath as the polls closed Thursday in Britain's historic referendum on membership in the European Union. Throughout the night, results were too close to call. THE ASSOCIATED PRESS

Britain's referendum on whether to leave the European Union was too close to call early Friday, with increasingly mixed signals challenging earlier indications that "remain" had won a narrow victory.

The British pound soared after two leading supporters of the "leave" campaign said it appeared the pro-EU side had won, then plummeted as Britain's first counting areas reported their results. The stage was set for a nerve-racking night of ballot-counting after a day of high turnout and foul weather.

"It may be possible that the experts are going to have egg on their face later on tonight," University of Strathclyde political scientist John Curtice told the BBC after results from Newcastle showed worse-than-expected figures for pro-European vote. "It may be the first sign that the 'remain' side are not going to do as well as those early polls suggested."

A vote to leave the EU would destabilize the 28-nation trading bloc, created from the ashes of the Second World War to keep the peace in Europe. A "remain" vote would nonetheless leave Britain divided and the EU scrambling to reform.

As the polls closed Thursday, U.K. Independence Party leader Nigel Farage set a downbeat tone for the supporters of a British exit — or Brexit — from the EU, telling Sky News television "it looks like 'remain' will edge it" in the referendum.

But he walked back those comments in later, telling reporters at a "leave" party in central London that "maybe just under half, maybe just over half of the country" had voted to pull Britain out of the EU.

Pollster Ipsos MORI said a survey conducted on Wednesday and Thursday suggested the "remain" side would win Britain's EU referendum by a margin of 54 per cent to 46 per cent.

The overseas territory of Gibraltar was the first to report results late Thursday, and as expected the British enclave reported an overwhelming vote for "remain" — 96 per cent.

FIRST RESULTS

The first results, from England's working-class northeast, were a smaller-than-expected "remain" win of 50.7 per cent in Newcastle and a bigger-than-expected "leave" vote of 61 per cent in nearby Sunderland.

There as elsewhere, turnout appeared high. Officials in Gibraltar said almost 84 per cent of eligible voters turned out to cast ballots. High turnout was expected to boost the "remain" vote, because "leave" supporters are thought to be more motivated. But high turnout in working-class areas that typically have lower tallies could also boost the "leave" vote.

Kevin Featherstone, the head of the European Institute, said that whichever way things went, the vote should serve as a wakeup call to politicians about re-engaging with voters.

Staff count ballot papers at the Glasgow count centre at the Emirates Arena, Glasgow, Scotland, on Thursday after polls closed in the referendum. AFP/GETTY IMAGES

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REFERENDUM

How Canada might be affected

Governor of the Bank of England Mark Carney has warned that a Brexit could trigger financial instability in the U.K., at least in the short term. JOE GIDDENS/WPA POOL/GETTY IMAGES

The results of Thursday's Brexit referendum will send ripples around the globe. If the U.K. leaves the European Union, the news could hit Canadians on a number of fronts:

Fewer exports

Finance Minister Bill Morneau says Canadian businesses that invested in the U.K. to access the European market may be forced to rethink their strategies.

"We're watching in Canada and we're anxious," Morneau said. Canada could also lose out on some of the benefits of the Comprehensive Economic and Trade Agreement (CETA), the country's trade agreement with the EU.

Canada exported almost $16 billion worth of products to the U.K. in 2015, or about three per cent of total exports, which makes it Canada's third-largest trading partner behind the U.S. and China.

If the U.K. stays in the EU, that means big savings for Canadian businesses. But if the U.K. leaves, it would have to negotiate its own deal with Canada, a lengthy process that could take decades.

Lower returns

Canadian Mark Carney, governor of the Bank of England, has warned that a Brexit could trigger financial instability in the country. That's bad news for Canadians with investments in the U.K. Canadians invested almost $69 billion in the U.K. in 2014, according to Statistics Canada, or 8.3 per cent of foreign investment.

Many Canadians also have money tied up in Britain through retirement funds such as the Canada Pension Plan.

According to the CPP Investment Board, about $20 billion, or 7.5 per cent of the plan's assets, are in the U.K.

Stronger U.S. dollar

A Brexit could throw the British economy into turmoil, weakening the pound against the U.S. dollar.

U.S. Federal Reserve chair Janet Yellen warned that a hike to the dollar caused by European uncertainty could slow the U.S. economy by discouraging trade.

And a stronger U.S. dollar would make it even more expensive to travel in the U.S., throwing a curve ball in Canadian's summer vacation plans.

Housing market stays hot

A Brexit could further fuel Canada's white-hot housing market, according to BMO Nesbitt Burns, because global market uncertainty caused by Brexit might keep interests rates low.

"In that event, the Fed will remain on ice even longer and Canadian rates will again probe all-time lows, keeping mortgage rates at an extremely low ebb and thus further fanning the flames in the domestic housing market," said BMO chief economist Douglas Porter and senior economist Robert Kavcic.

TORSTAR NEWS SERVICE

Work-life demand grows

EMPLOYMENT

Young workers want clearer office, home divisions

The work-life balance in European countries seems the stuff of dreams to many Canadians.

France has a 35-hour work week and recently gave employees the right to disconnect from email after they leave the office.

Sweden, meanwhile, offers workers a minimum five weeks paid vacation time.

And many Scandinavian companies have implemented a system of flexible hours and working from home as management encourages employees to craft schedules that fit their personal needs.

Linda Duxbury, a professor at Carleton University's Sprott School of Business, tends to her garden at her home in Ottawa, on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

While Prime Minister Justin Trudeau managed to sneak a day off during a recent work trip abroad to celebrate his wedding anniversary, that kind of flexibility isn't afforded to most working Canadians despite work-life balance being a hot topic for years.

The Organization for Economic Co-operation and Development has found that the average Canadian works 1,704 hours annually, more than in Germany and Australia although less than those apparently tireless workers in the United States.

But as younger generations in Canada move into the workforce and demand more scheduling flexibility and clearer divisions between the office and home, companies will have to do more than just talk the talk and actually implement concrete policies to attract and keep talented workers, says one researcher who's studied the issue here for more than 20 years.

> **Balance is not going to be an optional discussion point pretty soon.**
> Linda Duxbury

"Balance is not going to be an optional discussion point pretty soon," said Linda Duxbury, a professor at Carleton University's Sprott School of Business. "To keep younger talent, you're going to have to deliver on it."

Employees crave a supportive work culture that enables a work-life balance, said Lidia Pawlikowski, a senior consultant of health and wellness at Morneau Shepell, a human resources consulting company founded by the father of Canada's current finance minister, Bill Morneau.

Workers want to take guilt-free lunch breaks, squeeze a workout into their day and not remain glued to their smartphones after hours, she said.

THE CANADIAN PRESS

HOUSING

Panel to review market

The federal government is creating a working group on housing with the Ontario and British Columbia governments as well as officials from Vancouver and Toronto amid warnings that housing prices in those cities are rising at an unsustainable pace.

Overall, the housing market is "sound," but pockets of risk have emerged since the financial crisis, Finance Minister Bill Morneau said Thursday.

The government has already taken steps to protect borrowers and lenders, Morneau said, but more steps can be taken, if warranted, to help maintain a stable housing market.

Morneau recently increased the minimum down payment for homes over $500,000, a measure aimed specifically at cooling the Vancouver and Toronto markets.

The working group will meet through the summer to review factors that affect housing supply and demand, affordability and stability of the market.

THE CANADIAN PRESS

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THAT'S RUFF
A psychology study suggests we should teach teens the way we train dogs: With simple rewards. Trying to reason with them? Well, that's barking mad.

DECODED Sports injuries

WHAT'S THE DEAL WITH TURF TOE?

Toronto Blue Jays star Jose Bautista lost a fight with a solid wall at the edge of the outfield during a game against the Phillies in Philadelphia last week. He smashed right into it, foot first, and was diagnosed with turf toe. He earned himself a 15-day disability leave and has to wear a walking boot. **What is turf toe anyways? We explain.**

WHAT IS TURF TOE?
Turf toe is a sprain to the ligament of the first **metatarsophalangeal joint.** That means the flexible, tough connective tissues around the large big-toe joint are stretched and damaged, sometimes torn.

WHAT CAN BE DONE ABOUT IT?
Swelling and pain are treated with ice and anti-inflammatory meds and the foot is stabilized to prevent further injury. If there are complications or severely torn tissues, surgery may be needed.

HOW DOES TURF TOE HAPPEN?
The most common way is **hyperextension**: As the foot is smashed into the ground (or, say, an outfield wall), the large big-toe joint bends too far upward, outside of its natural range of motion.

GRAPHICS: ANDRÉS PLANA/METRO

TOETALLY SERIOUS

The big toe (or, to use medical lingo, the **great toe or Hallux**) is one of the leading sources of athletic injuries. Without a functioning big toe, an athlete can lose "push-off strength" — aka Bautista's ability to sail off of first base. In nastier cases, without effective treatment, such an injury can eventually lead to deformity, chronic pain or joint degeneration (arthritis).

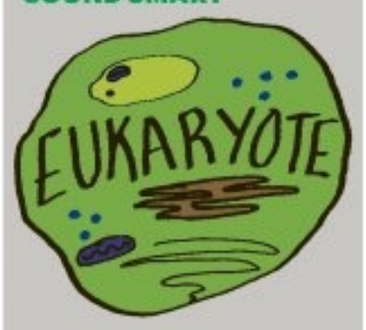
FINDINGS
Your week in science

LIANE G. BENNING/GFZ

PINK HILLS
It's not as delicious as it sounds: Watermelon Snow is the nickname given the pink algae blooming across the European Arctic. Rose-hued snow reflects 13 per cent less sunlight than the white stuff. That makes the ground and air heat up more, creating slushy puddles — the algae's favourite habitat. And so begins a vicious cycle.

DIETER'S DREAM
Chocolate with less than 36 per cent fat doesn't melt nicely and tends to clog factory machines. But a new study shows jolting low-fat chocolate with electricity helps it flow, creating a tasty candy with 10 per cent less fat.

SOUND SMART



DEFINITION
A Eukaryote is a living thing with cells that contain a nucleus (a cellular "brain" with DNA) and organelles (cellular organs) enclosed in membranes. **All species are eukaryotes except bacteria and archae**, which are prokaryotes.

USE IT IN A SENTENCE
"Javier is so dim. If not for the fact that he definitely is made up of more than one cell, I wouldn't even believe he's a **eukaryote.**"

CITIZEN SCIENTIST by Genna Buck

Can math prove aliens are real (or not?)

My friend Chris says it's mathematically proven that aliens exist. Is that legit?
— Megan, Ottawa

Chris's view that extraterrestrials — complex, intelligent aliens — exist now, or have existed at some point, is no longer fringe.

When I learned about the planets in our solar system in school, scientists weren't sure *any* others existed. NASA has since confirmed more than 3,000 exoplanets outside the orbit of the sun but still in our immediate celestial neighbourhood. More than 200 are temperate and earth-like. That's what we can see with our rudimentary technology.

The Milky Way is home to an estimated hundred billion planets. In the May edition of Astrobiology, University of Rochester astrophysicist Adam Frank and colleagues crunched the numbers and concluded, "While we do not know if any advanced extraterrestrial civilizations currently exist in our galaxy, we now have enough information to conclude that they almost certainly existed at some point." He put the odds our galaxy has never hosted intelligent life other than our own at one in a septillion (that's a 1 with 24 zeroes). But not so fast. We have no idea how unusual the phenomenon of life is in the universe — particularly complex, multicellular life.

The event that created complex cells like animals and plants happened, as far as we know, just once in the three-billion-year history of life on Earth. We don't know if that's less or more often than what would be expected by chance. And it's only been 13.7 billion years since the Big Bang.

It's reasonable to assume that a great portion of the extraterrestrial life that's out there, if there is any, is single-celled and looks something like pond scum.

To quote Atlantic magazine editor Ross Anderson, "Fancy math can't make aliens real."

Science Question?
Tweet @genna_buck

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MOVIES MUSIC TELEVISION DIGITAL

An alien spaceship wreaks havoc in the skies above a fleeing ship in Independence Day: Resurgence. But you can relax: You know the superheroes are looking after everything. CONTRIBUTED

Superheroes save your world

PSYCHOLOGY

Apocalyptic plot lines help audiences deal with stress

Richard Crouse
For Metro Canada

In today's world it's not enough to be a hero. Now you must be a superhero. Liberating a cat from a tree or performing the Heimlich manoeuvre is considered HeroLite™.

Unlike the old days when square-jawed movie stars rescued damsels in distress or battled cold-hearted landlords, today's champions won't get out of bed for anything less than the threat of complete world annihilation.

This weekend the heroes of Independence Day: Resurgence join Mystique, Quicksilver, Leonardo, Raphael, Michelangelo, Donatello, Captain America and legendary do-gooders Batman and Superman in some good, old-fashioned world saving.

The 20-years-in-the-making sequel to Will Smith's mega-hit sees aliens from outside the Solar System attack our planet. It's life and death on a planetary scale.

It's not a surprise the stories are getting larger and louder. Audiences want a big bang for their buck and Hollywood is pleased to oblige with high-stakes situations that provide frenetic action and happy endings (unless, of course you're rooting for the bad guy).

These days Hollywood also looks to overseas markets for mega-revenue and presenting globe-spanning stories helps to attract crowds in other countries. Business aside, why have audiences embraced world-on-the-brink movies?

Films, says Dr. Norman Holland, Marston-Milbauer Eminent Scholar Emeritus at the University of Florida, work on different parts of your brain.

"The parts that turn off are the parts that plan action because you're not going to act on what you see on the screen in front of you," he says.

"You accept the most improbable things, like Stars Wars or Spider-Man or whatever.

"At the same time the lower centres of your brain are generating emotions like mad in response to what you're seeing. This is the peculiar phenomenon that you can feel and care about these people on the screen while at the same time knowing they are nothing but a fiction."

In these heroic tales good almost always wins out, a comforting antidote to the nightly news where stories often don't have happy endings. It makes us feel good, but, as Dr. Holland notes, it's also restful.

"As you know they are redesigning movie theatres with recliner chairs so you can sleep through the movie," he says.

"Yes, it is relaxing. This is the part of your brain that worries, that plans for the future, that is concerned about the state of your body.

"All that shuts down. It's restful, no question."

Going to the movies is restful? Good for us? Seems like in our busy, stressful world it's the films that are the heroes, not the characters.

MOVIE RATINGS by Richard Crouse

The Shallows ★★
Free State of Jones ★
The Neon Demon ★★★
Tickled ★★★★

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Talking the talk of Thrones

DIALECT

A girl may have no name, but she does have an accent

Colin McNeil
Metro | Canada

The voices in Game of Thrones are often as colourful as the characters themselves, and if you've ever looked in the bathroom mirror and given it your best "You know nothing Jon Snow," you're not alone.

John Fleming is a speech and dialect coach based in Toronto who teaches actors the ins and outs of accents and affectations. A Game of Thrones fan himself, he uses some Westerosi patios when he's working with actors.

Sounding out Westeros

A map of Westeros — which looks suspiciously like Great Britain — will clue you in on who speaks with what kind of accent. The northern end of the fictional continent is, aurally speaking, analogous to the north of England, and so on.

"They've separated the seven kingdoms, to a degree, by dialect," explains Fleming. "So all the people from Winterfell speak with a northern accent; something a little bit closer to Manchester or up in that belt between Manchester and Scotland." Think: Ned Stark, Jon Snow.

"It works well geographically compared to the Lannisters," who all speak with what's called Received Pronunciation — the standard British accent associated with posh southerners.

While most GoT actors do hail from the U.K., many are masking their natural accents in favour of one that better fits their character. Here, Fleming helps us connect the dots between fictional characters and real-world speech.

GAME OVER
GAME OF THRONES SEASON 6 FINALE AIRS THIS SUNDAY ON HBO

SCREENSHOT/HBOCANADA.COM

Tyrion Lannister

The outcast Lannister is a great example of an American putting on Received Pronunciation, says Fleming. Listen closely and you'll hear him distinctively halt his speech after nearly every phrase.

Ser Davos

Ser Davos Seaworth is played by Irish-born Liam Cunningham "who has a very thick Irish accent," says Fleming. He is "one of the only people on the show who puts on a Geordie accent, which is from Newcastle ... right up in the northeast, near the Scottish border."

Petyr Baelish, a.k.a Little Finger

Aiden Gillan plays the former Master of Coin and brothel keeper everyone loves to hate. "He's Irish," notes Fleming, "but in The Wire, he spoke with perfect general American, even a little bit tinged with Baltimore."

He notes a deliberate change in the actor's pronunciation as the show goes on. "When he was in King's Landing during the first couple of seasons, he spoke something that was quite close to Received Pronunciation. As soon as he left King's Landing, you started to hear more of his Irish qualities."

Ygritte

Fleming tells us actress Rose Leslie is actually Scottish nobility, who was educated in England. Her naturel speech is fairly English, "but she puts on that very quintessential northern English accent" for the role.

Oberyn Martell

The Martell's accent is "a little bit Spanish, and a little bit Arabic and so it gives it this kind of Northern African feel. It fits with the design elements they're going with" for Dorne, Fleming says.

MORE ONLINE

Visit **metronews.ca** to listen to John Fleming impersonate your favourite GoT characters.

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Your staircase to Westeros

TV TOURISM

With the season coming to an end, relive GoT in Croatia

Vawn Himmelsbach
For Metro Canada

This staircase in Dubrovnik's Old Town was used as the starting point for Cersei Lannister's walk of shame on the season five finale of Game of Thrones. PHOTOS BY VAWN HIMMELSBACH

Dubrovnik (above) is a stand-in for King's Landing, while Klis Fortress near Split (left) serves as the road to Meereen.

At the War Photo exhibit in Dubrovnik, there's an image that stands out: a sweeping staircase, eerily deserted during shelling that destroyed more than 60 per cent of the medieval walled city after Croatia declared independence from Yugoslavia in 1991.

Two decades on, and this UNESCO heritage site has been restored to its former glory as the jewel of the Adriatic. And that staircase — now packed with tourists taking selfies — is known to millions of people around the world: It's where Cersei Lannister begins her "walk of shame" on Game of Thrones.

The TV series — based on the fantasy novels A Song of Ice and Fire and distributed by HBO — is filmed in multiple locations, from Iceland to Ireland, Morocco and Spain. In season one, the fictional fortified port city of King's Landing was filmed in Malta, but has now made its home in Dubrovnik (my GoT guide tells me it's because of significant tax breaks offered in Croatia).

But it's more than that. Sure, there's a lot of CGI in GoT — like dragons, White Walkers and such — but it wasn't hard to transform Dubrovnik into the stronghold of the Lannister family, which uses the city's existing medieval fortifications, guard towers and narrow streets to double as King's Landing. They're the real deal.

Like this staircase, where Cersei begins her walk of shame in "Mother's Mercy." Just add an angry crowd, a High Sparrow and a naked Cersei — and voilà.

In fact, actress Lena Headey, who was pregnant at the time, used a body double for this scene, though she did multiple takes to act out the facial expressions — and, through the magic of post-production, her head appears on the body double.

Several key scenes were filmed in the Old Town: at the Pile and Ploče gate, on St. Dominika street and along the city walls. Wander the streets and you might stumble upon Littlefinger's brothel, or walk in Daenerys' footsteps around Minčeta Tower where she disappears into the House of the Undying in Qarth.

Dubrovnik's Fort Lavrijenac was a stand-in for the Red Keep, and a number of scenes were filmed here, including the tournament thrown in honour of King Joffrey's name day and the spot where The Hound saves Sansa from being raped.

Not only do you get a stunning view of the Adriatic Sea from atop Fort Lavrijenac, you'll also notice a parking lot on a dramatic rocky outcropping. Sure, it's a cool spot for a parking lot, but it's also where Joffrey's wedding/death scene was shot.

The nearby Island of Lokrum was used for scenes in Qarth. And Arboretum Trsteno — a renaissance garden dating back to the 15th century — doubles as the gardens of King's Landing. They're relatively untouched by CGI; you almost expect Varys to walk around the corner.

Dubrovnik isn't the only Croatian location used in GoT, though. Split, further north on the Dalmatian coast, doubles as Meereen. Within Split's historic Diocletian's Palace, several scenes were filmed: from the dungeon where Tyrion unchains Daenerys' dragons to the spot where Ser Barristan is slain.

Head into the countryside to the ruins of Klis Fortress and you'll easily recognize the road to Meereen, where Daenerys freed the slaves and, later, crucified the masters. The fortress has a history just as interesting as a fictional story: ask your GoT guide about the "sky toilet."

Wandering through Croatia's historic sites, it may feel like you're on the set of GoT (there's even a replica of the iron throne on Lokrum). But while the night may be dark and full of terrors, Croatia is anything but.

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PLACES TO QUENCH YOUR TRAVEL THIRST

Summer is here, time to get out and explore your surroundings — and maybe knock back a few. Within two hours of your city there are many wineries and craft breweries that offer tours, tastings and delicious food in picturesque settings. Be sure to visit the website of your destination for tour times, hours of operation, pricing and if advanced booking is required.

KATE HOBSON/FOR METRO

CALGARY

Field Stone Fruit Wines

Forty minutes east of Calgary, visit this winery to meet the owners and enjoy tasting through a line-up of fruit wines. Although no formal tours are available, visitors are welcome to explore the property and enjoy wine and a picnic lunch in one of the gazebos. Try a bottle of their signature Bumbleberry Fruit Wine made from a blend of berries grown on the property. **Fieldstonefruitwines.com**

EDMONTON

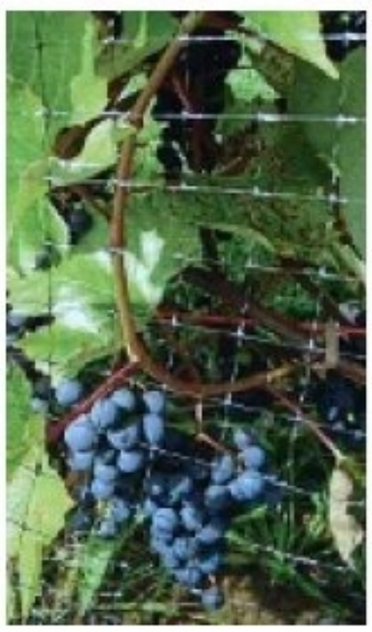
Bench Creek Brewing

Two hours from Edmonton, Bench Creek Brewing is a rural destination brewery with a 1,000 square-foot patio, tasting room and growler bar. It also often hosts a food truck on Saturdays. Try their famous Naked Woodsman Pale Ale, a balanced, refreshing and complex beer. Book ahead for a Saturday guided tour with the brewmaster. **Benchcreekbrewing.com**

TORONTO

Norman Hardie Winery

Two hours east of Toronto in Prince Edward County, wines are carefully guided through a natural fermentation and ageing process at this vineyard using few modern techniques. Try their wines at the tasting bar and then enjoy lunch overlooking the vineyard on a sunny patio where they serve Italian-inspired thin crust pizza made in an outdoor wood-burning oven. **Normanhardie.com**



OTTAWA

Domaine Mont-Vézeau

Just over an hour from Ottawa in Ripon Quebec, this vineyard offers highly educational guided tours with tastings. Tours cover topics such as grape growing, grape selection and the winemaking process. They also grow strawberries and raspberries and offer berry picking when in season. **Domainemont-vezeau.com**

HALIFAX

Luckett Vineyards

An hour from Halifax in Gaspereau Valley, this vineyard offers tasting flights, a stunning patio overlooking the Blomidon and the Minas Basin and it's a charming lunch spot with a focus on local food. The cured meat and cheese boards are perfect for sharing while you sip some wine. Daily tours are also available. **Luckettvineyards.com**

The united states of BBQ-ing

ROAD TRIP

Love of meat, rubs and sauces crosses any political divides

David Bateman
For Torstar News Service

I thought barbecue was simple. Buy meat, heat meat, eat meat.

After nine weeks in the U.S., I realize how wrong I had been. From state to state and city to city, the meat, rub, sauce, sides, wood and cooking method change drastically. There is only one constant. From presidents to paupers, nothing brings Americans of all creeds and colours together quite like barbecue.

First stop: Detroit, Mich., where Slows Bar BQ stands like a glowing ember of success among a desolate bed of charcoal. Here, and across the Midwest, sauce is everything.

"Anyone can barbecue, not many places can do you a good sauce," says customer and Detroit native Brandon Johnson. His father's recipe is the glue that bonds his family. "Before any event, my cousins make sure my dad is on the grill before they come."

I drive south through the golden-ombre crop fields of Ohio to laidback Louisville, Ky., where I meet dungaree-clad Smoketown USA owner Eric Gould, the selfbranded "Redneck Jew," so-called for his religion and love of hunting. "The Johnsons taught me how to barbecue. They were wonderful neighbours," says the pitmaster with wispy white sideburns that resemble tiny clouds.

At 20, 46-year-old Gould suffered a brain aneurysm and had been given a two per cent chance to live. "I'm here because I believe in myself and I love people. Life is about how you treat people. I love them. That's my secret ingredient."

After six hours in a very high-heat wood-fired smoker, Gould's pork ribs (he also does beef) are so succulent and tearable I can leave teeth marks in the bone.

My next rack of pork ribs involve a lot more vigorous chewing. Before taking to the brights lights of Broadway in Nashville, Tenn., I line up for an hour at Edley's Bar-B-Que, a roadside barbecue ranch, for hard-crusted charcoal crunchy ribs that are more familiar, though less gratifying, to my British palate.

In Memphis, I discover one reason why former resident Elvis Presley's weight ballooned — the irresistible dry rub of Charlie Vergos' Rendezvous.

The pork ribs initially look so parched I think they'll grate my mouth like I had licked tarmac. But when the Cajun coating is ripped apart, juice spurts free to reveal easily chewable, pink-lined meat.

Elvis was not the only king to eat at Rendezvous. Long before U.S. President Barack Obama and former U.S. presidents George W. Bush and Bill Clinton visited, it welcomed civil rights leader Martin Luther King, Jr., who was shot a short walk away at the Lorraine Motel, which now houses the National Civil Rights Museum.

After a few hours of solemn American history, I eat at the nearby Central BBQ, where sauce is shunned in favour of a traditional Tennessee dry rub.

"The first week I worked here, an old man in the back said, 'Tom, sauce is what you put on the meat you screw up. You're not going to screw up my meat, are you?" says Thomas Strange, who has been the restaurant's manager for the past three years.

Strange advises where to go next in search of America's other main barbecue meat. "I make the best brisket in Memphis," he says. "It's still not a brisket town. Texas comes here for pork, we go there for beef."

Soon, I'm driving on 10-lane highways past gun ranges and signs warning me I'm going to hell. I'm in Texas, where locals brim with barbecue patriotism, almost as devoted to the fat-lined brisket as the Stars and Stripes on their porches.

At Pizzitola's BBQ in Houston, the waitress hears my Scottish accent and decides I should read the menu and she will order for me. "You'll love the brisket and then you'll love me," Cindy Amolochitis says. Well, she is half right. Like the locals, the Texas brisket warmly embraces you. The state slogan says you shouldn't mess with Texas, and they don't mess with the meat, save for a smattering of salt and black pepper.

From the well-established mom-and-pop joint of Houston, I go to La Barbecue, a gleaming new food truck in Austin. The lineup is continuously 60-strong on a Wednesday morning.

On the benches of La Barbecue's lot, suited lawyers tear beef and pork ribs next to unemployed students. Rich to poor, black to white, Detroit to Texas, barbecue is the great equalizing obsession in a deeply splintered country.

Smoketown USA owner Eric Gould adds a 1-2-3 rub combo of salt, pepper and granulated garlic that packs a flavourful punch. DAVID BATEMAN/FOR TORSTAR NEWS SERVICE

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Cirque du Soleil is partnering with the NFL to build a 3,716-square-metre interactive exhibit in Times Square

Without element of surprise

The Redblacks' receiving core is largely intact for their season opener against the Grey Cup game rival Eskimos in Edmonton on Saturday night. TREVOR HAGAN/GETTY IMAGES7

CFL SEASON PREVIEW

Redblacks will be battling injuries, envy in 2016 season

The Ottawa Redblacks took just two seasons to build a winning team. Now their task is maintaining the form that got them all the way to last year's Grey Cup final.

While the Redblacks were a surprise success last year — advancing to the championship game one year after a dreadful inaugural campaign — they'll be on every team's radar this season after their hard-fought 26-20 loss to Edmonton in the 2015 Grey Cup. They will have to contend with their newfound notoriety, and some early injuries, as they try to lay the groundwork for continued success in Ottawa.

"From the get-go in year one we wanted to grow up as fast as we could and just become another team in this league that competes like everybody else," said head coach Rick Campbell. "We've always wanted to have a winning culture."

Last season the Redblacks went 12-6 and led the league in net offence, fewest yards allowed, total sacks and interceptions.

While the Redblacks parted ways with a number of players integral to the team's success, a strong core remains. That group includes veteran quarterback Henry Burris, voted the CFL's most outstanding player last season.

Burris was instrumental to the Redblacks' successful run, and at 41 he appears healthy and determined going into the season.

"My age is what it is," said Burris. "I've put my body in the position to be able to play this young man's game through my training. I might not be as quick as I was, but I've found other ways mentally to get the job done."

Burris is expected to carry the workload, but management added insurance by signing Trevor Harris.

Whether Burris or Harris are at work they will have familiar targets in receivers Ernest Jackson, Brad Sinopoli, Chris Williams and Greg Ellingson who each connected for 1,000 yards last season.

The Redblacks were relatively injury free in 2015, but this year the team has already suffered a major setback.

Running back William Powell is done for the season after suffering a ruptured Achilles.

Travon Van will be given the opportunity to take on the starter's role to open the season.

The Redblacks will also be without right guard Nolan MacMillan, who will be sidelined two months with a wrist injury, and fullback Brendan Gillanders, who is out with a knee injury.

Jaime Elizondo takes over as offensive co-ordinator from Jason Maas, who moved to Edmonton for an opportunity as head coach. Bob Dyce comes in as special teams co-ordinator.

The Redblacks defence is minus five starters from last season. Much of the workload will fall on defensive lineman Zack Evans, linebacker DaMaso Munoz and lineman Arnaud Gascon-Nadon, who signed as a free agent. The Redblacks will once again be looking for big contributions from third-year defensive back Antoine Pruneau, who has improved each year.

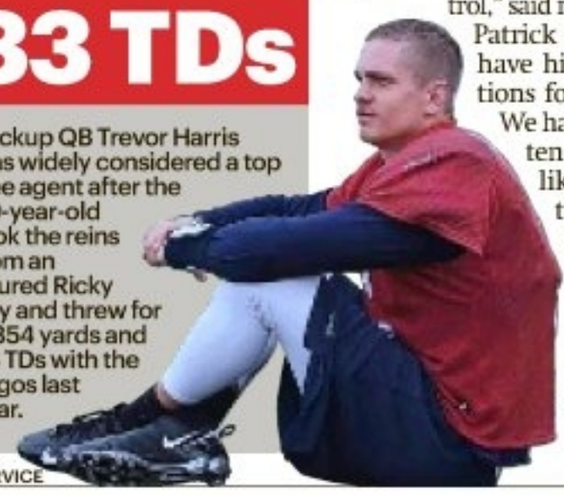
Ottawa's big-game experience will be crucial to its success.

"One of the things that helped us last year was the fact we were able to stay healthy and that's something we just can't control," said running back Patrick Lavoie. "We have high expectations for ourselves. We haven't forgotten what it was like to lose at the Grey Cup. We had some great games on the way, but that last one still hurts."

THE CANADIAN PRESS

33 TDs

Backup QB Trevor Harris was widely considered a top free agent after the 30-year-old took the reins from an injured Ricky Ray and threw for 4,354 yards and 33 TDs with the Argos last year.



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Top prospects ready to hear names called

NHL

Canadians carry high picks at draft

On the eve of finding out his hockey future, Logan Brown admitted to a case of the nerves.

"It's tough," said the six-foot-six, 220-pound centre from the Windsor Spitfires. "Like it's the greatest time of my life, but it's also the worst. I'm ready for it to happen. Just real anxious."

Brown likely won't have to wait long. The big centre from Chesterfield, Mo., who is the son of former NHLer Jeff Brown, is ranked seventh among North American skaters by NHL Central Scouting.

Canadian teams will figure prominently in Friday night's draft, with Toronto picking first, Winnipeg second, Edmonton fourth, Vancouver fifth, Calgary sixth, Montreal ninth and Ottawa 12th.

But Canadian talent may have to wait its turn behind U.S. and other foreign players.

American Auston Matthews is expected to go first overall, followed by Finns Patrik Laine and Jesse Puljujarvi.

Brown may be anxious but the well-spoken 18-year-old is mature enough to keep things in perspective.

"When you look at it closely, it's tough and it's stressful. But when you really look back and you look at the position that we're in, it's going to be awesome. We're getting drafted in the NHL (Friday) night. It's what I've been working for for about 16 years now."

Against a backdrop of Lake Erie, with the Edmund M. Cotter fireboat spouting water nearby for show, top prospects met the media Thursday afternoon.

Windsor Spitfires forward Logan Brown checks Travis Konecny of the Ottawa 67's, and a 2015 Philadelphia Flyers draft pick, during OHL action last fall. Brown is ranked seventh among North American skaters by NHL Central Scouting for this weekend's draft. DENNIS PAJOT/GETTY IMAGES

It's a once-in-a-lifetime thing ... I definitely don't take it for granted.
Auston Matthews

While Brown admitted to butterflies, it seemed just another day at the office for Matthews. The six-foot-two 216-pound centre, who excelled playing in the top Swiss league last season, was as cool as a cucumber in front of the media.

"I'm definitely enjoying it," he said of the pre-draft experience. "It's a once-in-a-lifetime thing. Not every 18-year-old is in this position, in this situation. So for me, I definitely don't take it for granted."

Matthews seems ready for anything — even playing in the fishbowl that is the Toronto Maple Leafs. He says he is unfazed by being tagged with a franchise centre label.

"To me it's fine. That's obviously what I want to be — a No. 1 centreman. I like watching guys like Anze Kopitar, Jonathan Toews. I think if you look at those two and how much of a factor they are to these teams, it's something I really like to watch."

THE CANADIAN PRESS

MLB

Giants earn 12th win in last 14 games

A makeshift lineup was more than enough for the San Francisco Giants.

Joe Panik hit a bases-loaded triple, Mac Williamson launched a 446-foot home run and the Giants beat the Pirates 5-3 in Pittsburgh Thursday for their 12th win in 14 games.

The NL West leaders, already missing injured Hunter Pence and Chris Duffy, played without regulars Brandon Belt, Gregor Blanco, Brandon Crawford and Angel Pagan in the starting lineup.

"I'm proud of these guys with what we've gone through," manager Bruce Bochy said. "You find a way to win the game with a rookie who battled very well today against a good club, a club we haven't had a lot of success against here and it is, it's a great feeling."

If you only get one hit a game, you have to make them count, right?
Joe Panik

Pittsburgh has lost 11 of 14, and fell five games under .500.

THE ASSOCIATED PRESS

IN BRIEF

Pair of Raptors among those committed to Team USA

Carmelo Anthony of the New York Knicks has agreed to chase a fourth Olympic men's basketball medal, while Toronto teammates Kyle Lowry and DeMar DeRozan will also play for the U.S., a person with knowledge of the details said Thursday.

The Americans were still awaiting decisions from LeBron James and Kyrie Irving but had solidified 10 of their 12 roster spots, the person told The Associated Press. THE ASSOCIATED PRESS

Canada loses to Croatia ahead of Olympic qualifier

Brady Heslip scored a team-high 15 points, but Canada lost 78-70 to Croatia in a men's basketball exhibition Thursday.

Tyler Ennis added 13 points for Canada.

Canada looks to qualify for the summer Olympics through a tournament next month in Manila.

THE CANADIAN PRESS

Sixers take Simmons No. 1

The Philadelphia 76ers selected LSU freshman Ben Simmons with the No. 1 pick in the NBA draft Thursday night.

The 76ers grabbed the versatile six-foot-10 forward from Australia who averaged 19.2 points, 11.8 rebounds and 4.8 assists last season.

Shooting guard Jamal Murray was the top Canadian taken at No. 7 by Denver, while Toronto selected centre Jakob Poeltl ninth overall.

THE ASSOCIATED PRESS

McDowell turns down Rio de Janeiro tee time

Graeme McDowell rejected the chance to replace Rory McIlroy on the Irish Olympic team on Thursday, becoming the latest high-profile golfer to decline the chance to compete at the Rio de Janeiro Games.

McDowell said he decided months ago not to leave the United States while his wife expects their second child.

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RECIPE Slow Cooker Butter Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Your slow cooker does all the work for this lightened up Butter Chicken. There's next to no prep time but you'll come home and have a delicious, creamy dinner on the table before you could order it in.

Ready in
Prep time: 10 minutes
Cook time: 6 to 8 hours

Ingredients
- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 1 5 oz tube of tomato paste
- 1 heaping Tbsp curry
- 1 14 oz coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

Directions

1. Put everything in the slow cooker and stir it all around.

2. Close the lid.

3. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be okay.

4. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

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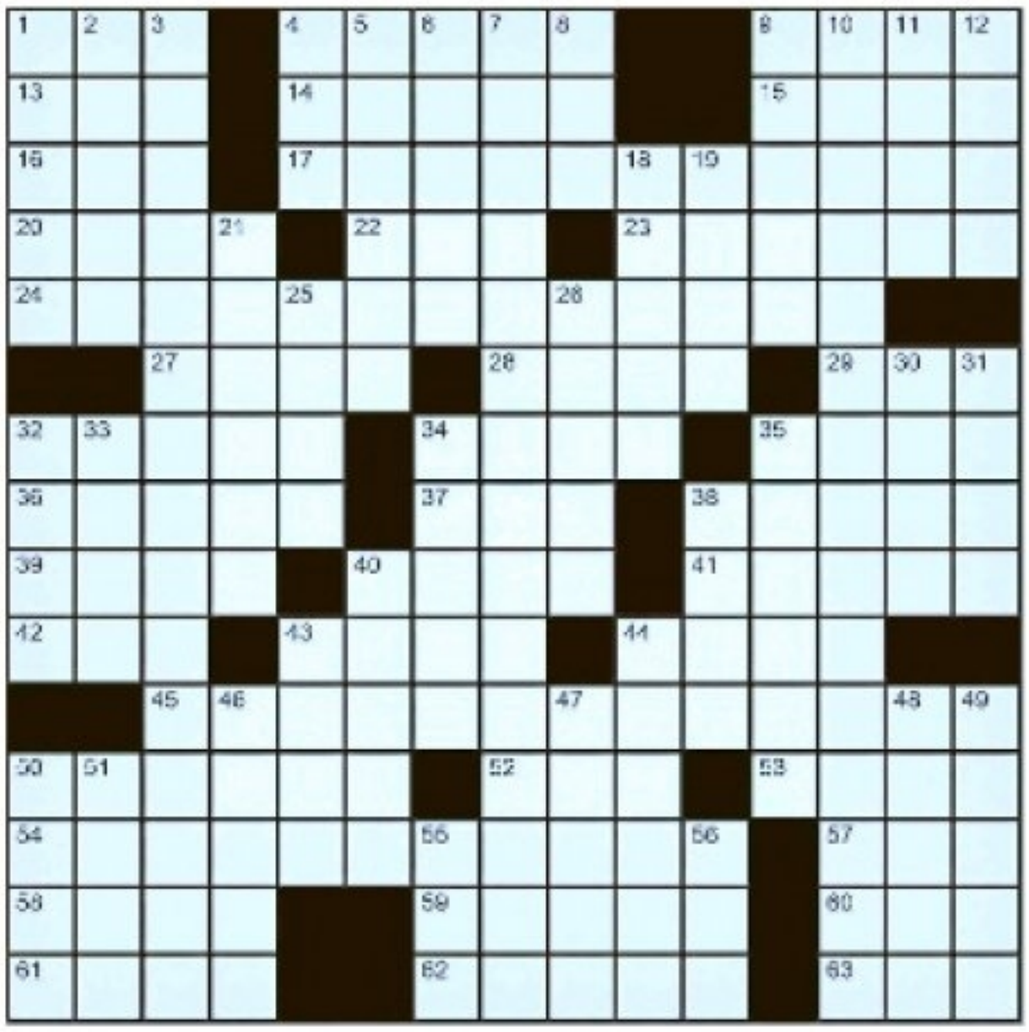
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Industrial lettered material for an edgy dress
4. __ are alike (Craft fair sign)
9. Shrinking sea in Central Asia
13. "She Loves You" repeated word
14. "Rings __ Fingers" (1942) starring Gene Tierney and Henry Fonda
15. Naught
16. 'Ariz' completer (American state)
17. New exhibition at the Canadian War Museum: __ - Air War, 1914 - 1918
20. Gang's territory
22. Sequence [abbr.]
23. Michelangelo's hammer
24. Bullpen warmer-upper: 2 wds.
27. Sufficient, fun-style
28. Oscar-winner Patricia
29. Table scrap
32. Shock weapon
34. Many a moon
35. Hellmann's, e.g.
36. Hence...: 2 wds.
37. Branch
38. Green hue
39. Proofreading term
40. __ de Flandres (French stoneware)
41. Skilled at crafts
42. Beer barrel
43. '70s music genre, __-Rock
44. Mr. Sharif
45. Threat in "Independence Day: Resurgence" (2016): 2 wds.
50. __ ship
52. Litigate
53. Blackthorn fruit
54. Where a loonie will get you lots: 2 wds.
57. Liq. measures
58. In a lazing-about way
59. Student on 1986 to 1991 comedy "Head of the Class"
60. Capture
61. Sweater necklines
62. "__ Earp" (1994)
63. Li'l length units

DOWN
1. Russian composer, __ Ilych Tchaikovsky
2. Sports event locale
3. French President who famously said "Vive le Quebec libre!" in a 1967 speech in Montreal: 3 wds.
4. Show agreement
5. Unrepeated happening
6. Twyla __ (Broadway/ballet choreographer)
7. Engaged couple's official gifts wish list: 2 wds.
8. NBA's Magic team, on scoreboards
9. Leg part
10. Gordon Lightfoot song with the word 'Canadian' in the title, what are the two other words?
11. "Zip-_-_-Doo-Dah"
12. Endure
18. Famously lettered gyms
19. Montreal-born humourist Mort
21. Most exquisite
25. Overseas monetary unit
26. Abounds
30. Deli sandwich loaves
31. Broadway award
32. Chore
33. Feed the poker kitty
34. Mr. Eckhart
35. Quagmire
38. Priest of Tibet
40. Ms. Garson of movies (b.1904 - d.1996)
43. Leaning Tower locale
44. No longer dwelling on a problem: 2 wds.
46. Namesakes of Herman Munster's wife
47. La Vita __ (Dante prose)
48. Moved, molasses-style
49. Chirpers' homes
50. Nero's 404
51. Didn't walk there
55. Carpentry tool
56. Toronto summer hrs.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next month, you have to deal with disputes about inheritances and shared property. You are ready to fight for your own rights and the rights of others.

Taurus April 21 - May 21
Relations with partners and close friends will continue to be prone to conflict in the next month. This means you have to be patient and tolerant.

Gemini May 22 - June 21
In the next month, you will keep busting your buns to prove to everyone what you can do. Actually, you enjoy working hard, because you are productive!

Cancer June 22 - July 23
It's fun city for you for the next months. Plan a vacation! Enjoy romance and love affairs. Playful times with children plus the arts and sports events will appeal.

Leo July 24 - Aug. 23
Your home scene continues to be hectic and chaotic in the next month because of residential moves, renovations, visiting guests, whatever. Do your best to stay calm.

Virgo Aug. 24 - Sept. 23
You continue to persuade others to agree with you in the next month. That's why this is a great time for writers, teachers, actors and anyone in sales and marketing.

Libra Sept. 24 - Oct. 23
You will work hard to earn money in the next month. Take note: You also will spend it freely!

Scorpio Oct. 24 - Nov. 22
Fiery Mars continues to be in your sign for the next month, then it's gone for several years. This will pump your energy and give you lots of drive.

Sagittarius Nov. 23 - Dec. 21
Secret deals as well as secret love affairs might take place in the next month. Be careful what you do, because you might be found out.

Capricorn Dec. 22 - Jan. 20
Competition with others, especially in physical sports, will still appeal to you in the next month. This is no surprise, because you are a perfectionist at heart.

Aquarius Jan. 21 - Feb. 19
Because your ambition is aroused in the next month, use this time to make your mark in the world. Now is the time to tell bosses, parents and teachers what you really want to do.

Pisces
Feb. 20 - March 20
Travel for pleasure appeals to you in the next month. Whatever you do, grab every chance to learn more, have adventures and expand your horizons!

CONCEPTIS SUDOKU by Dave Green

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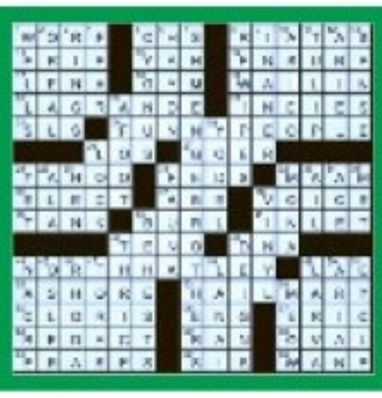

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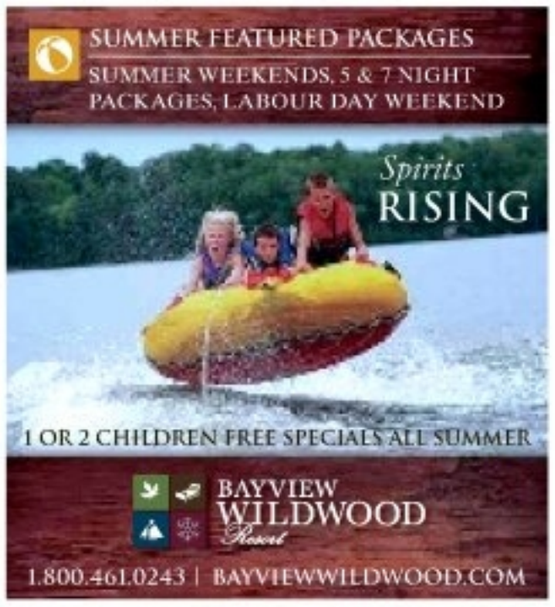
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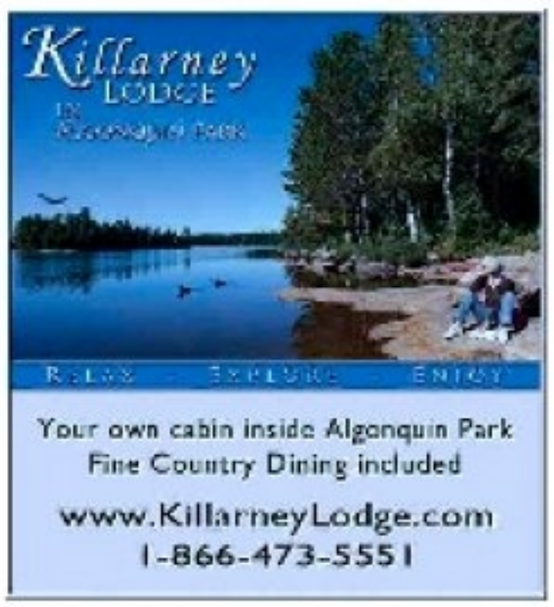
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